

**FOOD HEATING****Abstract**

Food heating method and apparatus using containing means, e.g., a pre-formed container 1, such as a relatively flat pouch or envelope comprising at least one panel made of flexible multilayer film with layers 3 and 5 of Perfluoralkoxy (PFA) and Fluorinated Ethylene Propylene (FEP), respectively, on a core layer 3 of Polytetrafluorethylene (PTFE). A sandwich or other foodstuff 23, baked beans or french fries, for example, "chips" or "frites", can be heated by being inserted in the containing means which is then heated by a radiant heat applying device, such as an electric bread toaster. The containing means can be wholly of the multilayer film. The containing means can be in the form of an open bag, which is reusable, or it can be a closed bag sold with the food therein.